

**AGENDA**  
NASA Health Promotion and Wellness Committee  
September 13, 2004  
ViTS 13:00-14:30 EST  
KSC ViTS Rm O&C 2132

- Welcome & Attendance M. Hafizi
- Working to improve Cafeteria meal planning
  - Historical perspective: Cathy Angotti, RD, LD
  - Current perspective: Christine Polisena, R.D
- AAOHN Presentaion:
  - Weight Loss at Work  
Tipping the scale of Success J. Meister, RN, COHN
- Review of on going Project M. Hafizi
  - Lifestyle Coaching (KSC)
  - Quitline (Stennis & Michoud)
  - Annual Influenza Vaccination Drive FY 05
- FY 2005 year long campaign update M. Hafizi
  - Theme: Total Health
  - Title: Healthier NASA
  - Components and activities:
    - Healthier NASA Calendar
    - Healthier by Choice recipe cards
    - 50 head to toe health tips
    - HQ Newsletter
- Center report: 3rd Q. Health Campaign Implementation
  - Weight Management (April-June '04)
  - Colorectal Cancer Awareness (July-Sept '04)
- ViTS Schedule
  - Monday 12/13/04 13:00 - 14:30 EST
  - Thursday 3/03/05 13:30 - 15:00 EST
  - Thursday 6/02/05 13:30 - 15:00 EST
  - Thursday 9/01/05 13:30 - 15:00 EST
  - Thursday 12/01/05 13:30 - 15:00 EST